

**W claim:**

1. A method of completing a wellbore, comprising:  
positioning a tubular in the wellbore;  
disposing a one-way traveling plug in the tubular;  
engaging the tubular with a gripping member on the one-way traveling plug;  
and  
locating cement in an annular area between the tubular and the wellbore.
2. The method of claim 1, further comprising providing the tubular with a drilling member.
3. The method of claim 2, further comprising forming the wellbore.
4. The method of claim 1, further comprising using the plug to separate the cement and another fluid in the wellbore.
5. The method of claim 1, further comprising preventing cement in the annular area from flowing into the tubular.
6. The method of claim 1, wherein the tubular comprises a casing.
7. The method of claim 1, wherein actuating the plug comprises providing a pressure differential in the wellbore.
8. The method of claim 1, further comprising drilling through the plug.
9. The method of claim 8, wherein drilling through the plug is accomplished using a second tubular having a drilling member disposed thereon.

10. A cementing plug for cementing a tubular in a wellbore, comprising:  
a body; and  
one or more gripping members, wherein the gripping members, when actuated, prevent movement of the body in a first axial direction relative to the tubular, and, when not actuated, allow movement of the body in a second axial direction relative to the tubular.
11. The cementing plug of claim 10, wherein the gripping members are actuatable by fluid pressure.
12. The plug of claim 10, wherein the plug further comprises a sealing member for sealing a fluid path between the body and the tubular.
13. The plug of claim 10, wherein the body defines a bore extending therethrough.
14. The plug of claim 13, wherein the plug further comprises a seal for sealing the bore.
15. The plug of claim 14, wherein the seal is selectively shearable.
16. The plug of claim 15, wherein the selectively shearable sealing member comprises a first surface having a first surface area and a second surface having a second surface area, wherein the first surface area is smaller than a second surface area such that the sealing member is shearable by two different pressures.
17. The plug of claim 14, wherein the plug further comprises a second sealing member for sealing a fluid path between the body and the tubular.
18. The plug of claim 10, wherein the body comprises a sloped portion for biasing the gripping members outward into contact with the tubular.

19. The plug of claim 18, further comprising a drag element for urging the gripping members along the sloped portion.
20. The plug of claim 10, further comprising a drag element for urging the gripping members axially relative to the body.
21. The plug of claim 10, further comprising a biasing member disposed around the gripping members.
22. The plug of claim 10, wherein the gripping members are radially expandable into contact with the casing.
23. The plug of claim 10, further comprising a valve disposed in the body.
24. The plug of claim 23, wherein the valve is a single direction valve.
25. The plug of claim 10, wherein the plug is selectively positionable within the casing.
26. The plug of claim 10, wherein the gripping members and the gripping elements may comprise a material selected from the group consisting of cast iron, aluminum, aluminum with a hard, anodized coating, a ceramic material, a composite material, or combinations thereof.
27. The plug of claim 10, wherein the gripping members comprises a hollowed out portion.
28. The plug of claim 10, wherein one or more castellations are disposed at a lower portion of the body.

29. A plug for installation in a casing, the plug comprising:  
a body;  
one or more gripping members for selectively actuatable for positioning the plug in the wellbore, wherein the one or more gripping members grip the casing to prevent movement of the plug in a first axial direction relative to the casing but allow movement of the plug in a second axial direction relative to the casing.
30. The plug of claim 29, wherein the plug is movable in a first axial direction, but not a second axial direction.
31. The plug of claim 29, wherein the plug engages the casing when it is caused to move in a first direction and does not engage the casing when it is caused to move in a second direction.
32. A method of installing a cement plug in a casing to cement the casing in a wellbore, comprising:  
running the casing into the wellbore;  
disposing the cement plug in the casing, the cement plug having  
a body; and  
a gripping member for preventing axial movement of the body; and  
activating the gripping members, thereby preventing the plug from moving axially.
33. The method of claim 32, further comprising supplying cement in front of the plug and a fluid behind the plug, wherein the plug separates the fluid from the cement.
34. The method of claim 32, wherein activating the gripping members comprises expanding the gripping members into contact with the casing.
35. The method of claim 32, wherein activating the gripping members comprises urging the gripping members outward along a sloped portion of the body.

36. A method of positioning a tool in a fluid conduit, comprising:  
disposing the tool in the fluid conduit;  
urging the tool, having one or more gripping members, in a first direction in the fluid conduit; and  
engaging a wall of the fluid conduit at a desired location, with the one or more gripping members of the tool, thereby preventing movement of the tool in a second direction within the fluid conduit.
37. The method of claim 36, wherein the fluid conduit comprises a hydrocarbon conduit.
38. The method of claim 37, wherein the hydrocarbon conduit comprises a wellbore.
39. The method of claim 38, wherein the tool comprises a downhole tool.
40. The method of claim 38, further comprising supplying cement into the wellbore.
41. The method of claim 37, wherein the hydrocarbon conduit comprises a pipeline.
42. The method of claim 36, further comprising creating a pressure differential in the fluid conduit to actuate the one or more gripping members.
43. The method of claim 36, wherein the tool comprises a plug.
44. The method of claim 43, further comprising separating two fluid bodies in the fluid conduit.

45. The method of claim 44, wherein one of the two fluid bodies comprises cement.
46. The method of claim 36, further comprising disengaging the tool from the wall of the conduit.
47. The method of claim 46, further comprising positioning the tool at another location.